

UCI Center for Emeriti and Retirees

2016 HIKES, WALKS & BIKE RIDES

Please RSVP to retirees@uci.edu or 949-824-7769 at least one day prior to the scheduled event. These hikes offer retirees, emeriti and their guests the opportunity to explore local parks and trails. We'll provide the group leader. **Notes:** Rains may necessitate cancellation due to park closure. **Helmets required on all rides.** Riders are responsible for carrying their own water, snacks, and spare tubes.

January 27 – HIKE Crystal Cove Red Route (9:00 am at UCI/9:30 at trailhead)

We begin the year with a 5.5 mile hike with 800' elevation change and spectacular views of the Pacific. Meet at the El Moro Visitor Center. *Enter at El Moro Canyon Road from Pacific Coast Highway (El Moro School) and proceed to the parking lot near the Visitors Center (\$15 parking paid in the Visitors Center).*

February 18 – HIKE Crystal Cove State Park (Northeast) - Newport/Irvine (9:00 am at UCI/9:30 at trailhead)

Moderate hike (5 miles round trip out and back), but path extends to Crystal Cove for an adventurous 7 mile hike. Beautiful views of the Pacific coast and Crystal Cove's backcountry. Uneven dirt path with hills. Free street parking on Ridge Park Road & East Coastal Peak Road. *Take Newport Coast Drive toward coast from the 73 Toll Road. Turn left on Ridge Road and follow it up the hill to the trailhead at the end. Park on either side of the street and walk to the trailhead gate.*

March 2 – HIKE Bommer Canyon Trail to the Coast (9:00 am at El Moro Ranger Station/9:30 at trailhead)

This 6.1 mile hike follows Bommer Canyon Trail in the Irvine Open Space Preserve to Ridge Park and down Crystal Cove State Park trails to the Ranger Station on the coast. *If you do not have a State parking permit, meet at the Turtle Rock Community Park lot. We need at least two cars with permits at the El Moro lot, so please let us know if you have a permit when you RSVP. Permit holders meet at 9:00 a.m. at the Ranger Station on El Moro Road and PCH to carpool to the trailhead at Turtle Rock Community Park.*

April 19 – HIKE Laguna Coast Wilderness Park (Little Sycamore to Stagecoach South Loop) – Irvine (9:00 am at trailhead)

Departing from the Nix Nature Center, this 4.8 mile loop explores the northern section of Laguna Coast Wilderness Park and a variety of terrain. The route is rated moderate with a mile section more difficult. Those who wish to extend the hike to 5.8 miles can go on to explore Barbara's Lake. *Nix Nature Center is north of the intersection of Laguna Canyon Road and the 73 toll road. The parking lot is on the west side of Laguna Canyon. Parking is \$3 at a meter.*

May 10 – HIKE Black Star Canyon (9:00 am at trailhead)

An out and back hike in an oak woodland in the Cleveland National Forest. We will go approximately 2 1/2 miles up into the canyon. The ascent is very gradual. *To reach the trailhead, exit 55 freeway at Chapman Avenue head east. Chapman Avenue turns into East Santiago Canyon Road. Follow this road out into the canyon going past Irvine Lake. About 2 miles past Irvine Lake turn left on Silverado Canyon Road. Make an immediate left on Blackstar Canyon Road and drive about 1 mile to a gate where you park. Parking is free.*



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June 9 – HIKE Peters Canyon East Ridge Loop (9:00 am at trailhead)

The East Ridge Loop trail runs 5 miles around the perimeter of the Peters Canyon Regional Park, where the coastal sage scrub and grassland communities offer a quiet escape. If the reservoir is filled, greenery and wildlife should be abundant. A long hill and 500' elevation change gives a view of the heart of Orange County. *Take Jamboree Road northeast past Tustin Marketplace to Canyon View Avenue (before Chapman/Santiago Canyon). Parking lot is on the left; parking is \$3 at machines.*

July 18 – HIKE Salt Creek Trail to the Ritz Carlton beach (9:00 am at trailhead)

This 5.4 mile urban hike on a well-maintained trail provides some breezes for the summer. The trail begins inland and follows Salt Creek Trail toward the beach to the Ritz Carlton and back. *From the 73 Toll Road, take Aliso Creek Road south to Alicia Parkway south, turn left on Niguel Road. Alternatively, if you are taking the 5 freeway, exit at Crown Valley Parkway and drive south, turning left on Niguel Road. Clubhouse Plaza is on the southwest corner of Niguel Road and Club House Drive. Park in the lot next to Fratello's Italian Family Restaurant, 31371 Niguel Road, Laguna Niguel. The trail is just around the corner from the lot.*

August 2 – HIKE San Clemente Beach Trail (10:00 am at trailhead) – Note special start time

This hike runs along the Pacific Ocean from the Metrolink Train Station to Calafia Beach and back for a total route of 4.5 miles. The route passes the San Clemente pier where the group can purchase lunch and other refreshments on the return trip. *From the 5 freeway, take the Avenida Pico exit west to the beach; make a right on Pacific Coast Highway and then the first left at the light into the Metrolink Train Station. There is an hourly fee payable at the machines.*

August 16 – WALK Crystal Cove Coastal (9:00 am in parking lot)

Meet in front of Trader Joe's in the parking lot at Crystal Cove Promenade Shopping center (PCH & Reef Point Dr). The 3 mile out and back walk is on a paved trail above the coast from Crystal Cove State Beach north to the historic cottages at Crystal Cove beach. Along the way we will pass the iconic Shake Shack and have magnificent views of the Pacific Ocean below. For those who want more, there are an additional 2 ½ miles that can be added to the walk. Please have sun protection & bring your own water.



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August 24 – BIKE* Dana Point Harbor to San Onofre State Park (9:00 am in parking lot)

Meet in the Dana Point Harbor parking lot (4 hours free parking) on the corner of Golden Lantern and Dana Point Harbor Drive. The out and back ride has three distances depending on ability. **Section 1: Appropriate for Novice cyclists.** A flat 9 mile round-trip to North Beach in San Clemente (Beach Cruisers are welcome). **Section 2: Appropriate for Intermediate cyclists with multi-gear bikes.** Continuation of Section 1 on a marked bike path through residential San Clemente (Optional turn-around at Trestles Beach for a round-trip total of 19 miles). **Section 3: Appropriate for intermediate/advanced cyclists.** Continues along the coast past the San Onofre Nuclear plant, ending at the San Onofre State Park entrance. We will return to Dana Point Harbor for a 25 mile round-trip and 890' total elevation gain.

***BIKE - Helmets required on all rides.** Riders are responsible for carrying their own water, snacks, and spare tubes.

September 7 – WALK Back Bay to Shelter Island (9:00 am at Vista Point trailhead)

The 98% flat trail will take you along the lower Newport Back Bay to Shellmaker Island, the home of the UCI Crew team. At Shellmaker, we will take a brief tour of the boathouse and then return on the Back Bay trail. This 6 mile out and back walk is considered easy. Meet at the Vista Point trail head of the Back Bay Loop trail (near the corner of Jamboree Rd & East Bluff). Free street parking on East Bluff.

September 14 – HIKE Aliso & Wood Canyons Wilderness – Alta Laguna Trailhead (9:00 am at trailhead)

This hike explores the northern part of Aliso and Wood Canyons beginning at Alta Laguna Park at Top of the World (elevation 1036'). West Ridge Trail, an easy trail with great views, takes us out and back to a more difficult section to Cholla Trail. Estimate an 800' elevation gain and approximately a 5 mile hike. *Take Laguna Canyon Road toward Laguna Beach. Make a left onto Third Street and then a left on Park Avenue. Follow Park Avenue to the end and make a left. Park on the street.*

October 11 – WALK Long Beach Strand (10:00 am in Long Beach corner of Ocean Ave & 54th Place)

Note later start time. Long Beach Strand Walk. We will start on the Bike/Pedestrian route for a flat 6 mile out and back walk that travels on a paved path along the beach from Belmont Shore to the Long Beach Grand Prix site. This walk is considered easy. Meet on the corner of Ocean Ave and 54th Place in Long Beach. There is free parking on either side of Ocean Ave between Bayshore and 54th Place.

October 18 – HIKE Telegraph Canyon Trail via Rimcrest – Chino Hills State Park (9:00 am at trailhead)

This hike explores Telegraph Canyon, which runs from Carbon Canyon up to one of Chino Hills' highest points, San Juan Peak. The trail passes groves of sycamores and oaks as it parallels the stream. *Take the 91 Freeway to Imperial Highway. Follow Imperial Highway north to Yorba Linda Boulevard and turn east (right). At Fairmount Boulevard turn left. After 1.8 miles turn left onto Rimcrest Street. Park on the right-hand side of Rimcrest Street near Blue Gum. Trailhead is at the end of Rimcrest Street.*



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October 19 – BIKE* Aliso Viejo to Cook's Corner (9:30 am at Whole Foods Shopping Center, Aliso Creek Rd & La Paz)

Note later start time. We will ride 13.75 miles on the Aliso Creek Bikeway to the famous Biker bar, Cook's Corner. After a brief rest at Cook's we will head back the way we came to complete the 27.5 mile ride. A number of rolling hills dot the route giving us 1,100 feet of climbing so multi-gear bikes only please. Approximately 95% of the ride is on separated bike routes. This ride is geared towards intermediate cyclists. Meet in the Whole Foods shopping center on the corner of Aliso Creek Road and La Paz in front of the Endurance House Sport Shop. ***BIKE - Helmets required on all rides.** Riders are responsible for carrying their own water, snacks, and spare tubes.

November 9 – WALK San Joaquin Wildlife Sanctuary (10:00 am in the San Joaquin Marsh & Wildlife Sanctuary lot)

We will start in front of the Audubon House and take a few loop walks throughout the Sanctuary. This 3+ mile walk is on packed dirt trails around the many ponds at the Sanctuary and is considered easy. Meet in the San Joaquin Marsh & Wildlife Sanctuary lot [enter off of Campus Drive near the corner of University Drive]. Parking is free. Please bring water and sun protection.

November 15 – HIKE Laguna Coast Wilderness Park (Laurel to Willow Canyon+) (9:00 am at trailhead)

This hike adds Lizard Trail and part of Bommer Ridge to our 2015 hike to make a 5.5 mile loop. Usually well maintained, but with a challenging incline and a few rutted, rocky sections. *Take Laguna Canyon Road south about a quarter mile past the El Toro Road intersection. The Willow Canyon parking lot is on the right side. The Laurel Canyon trailhead is a short walk from parking lot. There is a \$3 parking fee payable at a machine.*

December 9 – HIKE Whiting Ranch Wilderness - Borrego Trailhead to Red Rock Canyon (9:00 am at trailhead)

This moderate 5-mile out and back trail begins near homes and then meanders through oak woodland and coastal sage scrub to the 100' high red sandstone cliffs in Red Rock Canyon. The trail follows Borrego Canyon Creek to Mustard Trail and on to Red Rock Canyon. *From Interstate 5, take Bake Parkway and go east to Portola Parkway. Turn left (north) onto Portola and then turn right on Market – the entrance to the Foothill Ranch Marketplace shopping center. Make an immediate left to parking for the Whiting Ranch Wilderness Park. Use 26701 Portola Parkway, Foothill Ranch for GPS.*

December 13 – WALK Bolsa Chica Wetlands (10:00 am at South Lot)

We will go on a mostly flat 2 mile loop walk around the Wetlands. The paths will consist of asphalt, dirt and sand. This walk is considered "easy". Additional walking options are available throughout the wetlands. Please bring water, sun protection, and binoculars. *Meet in the Bolsa Chica Wetlands South Lot on PCH located between Seapoint St & Warner Ave. Parking is free. Entrance is on northbound side of PCH approximately 1.2 miles north of Seapoint St.*



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December 19 – WALK Balboa Lights (6:15 pm)

Added by popular demand! Join us on this walking tour of the beautiful lights of Balboa Island with lots of holiday spirit and a stop for hot chocolate/coffee/tea/etc. *Parking is free at the Union Bank Building after 6 p.m.*

